R. Blaine Minor, MD

Practice Philosophy: Murray Internal Medicine, PC

Conasauga Wellness

Dr. Minor is an Internal Medicine specialist with a keen interest in prevention and providing health care rather than disease care. Dr. Minor believes that patients want and need physicians who focus on the people who have diseases rather than the diseases that people have. He values medical care and hospital treatment through medicines which control the symptoms of diseases but he realizes that true health care involves restoration of health to the entire body. Dr. Minor believes that restoration of health to the entire body can be accomplished, often times, through strong nutrition and hormone balance. By educating patients about nutrition and hormone balance, Dr. Minor and his Family Nurse Practitioner, Cindy Hall, empower their patients to participate in efforts to provide themselves with good nutrition, restorative sleep and an active lifestyle. Dr. Minor believes strongly in a mental, physical and spiritual connection to health care.

Dr. Minor and Mrs. Hall have two faces to their office practice. In Murray Internal Medicine, PC, they deliver a more standard approach to health care problems and integrate prevention into their office visits as much as possible. They see patients from age 12 and up, primarily for adult health conditions. They take care of acute illnesses, routine physicals, as well as chronic health conditions, such as heart disease, diabetes, blood pressure, cholesterol, gastrointestinal complaints, fatigue, and bone problems.

As Dr. Minor's practice has continued to grow, he has become increasingly convinced that his patients will often achieve better and more lasting results by treating the causes of the internal conditions from which they suffer rather than treating only the symptoms of those conditions. In response to this growing awareness, Dr. Minor added Conasauga Wellness to his practice in 2006. With Conasauga Wellness, Dr. Minor and Mrs. Hall use a more holistic approach involving education for better health habits and lifestyle changes. Their goal is to help their patients restore normal function and wellness.

Dr. Minor has 20 years of experience in finding ways to help people become healthier. He is a forward thinking Internal Medicine doctor who uses education and common sense truths to provide his patients with a more holistic approach to health care. He asks that his patients become partners with him in his family oriented approach to empower them to achieve better health care for themselves and for their families.